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High 7°C/Low 3°C Showers

ISTOCK

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VANCOUVER COMPANY GETS INTO 'COWSHARING'

metroNEWS

Finding asylum in British Columbia

FLEEING U.S.

Canadians support growing number of border hoppers

David P. Ball
Metro | Vancouver

British Columbia has seen a spike in asylum-seekers crossing its southern border on foot in recent weeks — ever since the U.S. government began issuing executive orders related to immigration — according to migrant support workers.

With snow burying farmers' fields in the Lower Mainland, many of the border hoppers have reached out for help after their arrival from health practitioners and from emergency shelters they trust not to report them. Others, Metro learned, have entered by taxi or bus.

"Just in the last two weeks, we've had around five or six groups arrive," explained nurse Byron Cruz, with the advocacy organization Sanctuary Health. "And these are just the ones we know about.

"Last weekend we had a few more people cross the border when it was snowing, and we're helping them now. These guys are telling us that on their way to Canada, they met a lot of people coming."

The reported increase in unauthorized crossings mirrors news from Manitoba that at least 22 asylum-seekers fled from the U.S. across snow-covered fields in plunging sub-zero temperatures.

"In two weeks we've experienced entirely new immigrants coming from the States, it's a different group (than before)," he said. "It's not the same group in Manitoba who were mainly from Somalia and other African countries. Here now, many are Latin American.

"They say, 'There's more people coming,' because they think Canada will be safer for them. The core issue here is why they left — the fear of the Trump government."

But according to the Canadian government, preventing border hoppers is important for both security and fairness of the immigration process.

Muslim ban struck down — Trump vows to take fight to Supreme Court metro NEWS

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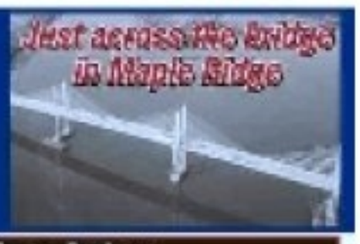

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metro NEWS
Metro returns on Tuesday. Happy Family Day!
Your essential daily news

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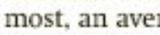
Industrial land skyrocketing

REAL ESTATE

Speculation will hurt city's economic health: BIAs



Jen St. Denis
Metro | Vancouver

An overview of all property assessments shows just how much property values have spiked across Vancouver — and the hardest-hit areas have been industrial land, areas the city has committed to protect.

"We've heard from a couple of tenants that it's really putting the squeeze on them and they have to reconsider whether or not it will continue to be financially viable to be in their continued location," said Joji Kumagai, executive director of the Strathcona Business Improvement Area. Values across the entire SBIA rose an average of 110 per cent, while properties on Railway Avenue rose an average of 230 per cent. Even the lowest-value area, the Downtown Eastside Oppenheimer District, rose 60 per cent.

Land values increased 30 per cent across Vancouver, according to an analysis by Andy Yan, director of Simon Fraser University's City Program. But land zoned for light industrial and industrial uses went up the most, an average of 48 and 41 per cent. In hot spots like Strathcona and the False Creek Flats, it's common for land value to have more than doubled in just one year. The corresponding increase in property tax is often passed directly to tenants, who are also concerned their rent rates will jump when it comes time to renegotiate their lease.

Dunlevy Avenue between Railway and Powell streets. In some areas, values for industrial lands have doubled in the last year. JENNIFER GAUTHIER/METRO

> **How are we supposed to generate the jobs that will lead our economy?** Andy Yan

Kumagai said the soaring property values are speculative in nature, and are putting into question whether the economics can support current use. Industrial land supports a wide array of businesses, from design and manufacturing to warehousing to food processing and distribution, and supports thousands of jobs.

"There's a certain level of speculation going into industrial land, specifically that type of industrial land, in terms of will a city council turn it into a residential zone or mixed-residential zone," Yan said, calling residential development the "single most profitable form of land use" in Vancouver right now.

"But how are we supposed to generate the jobs that will lead our economy?"

The areas are an important part of the city's economic ecosystem, and are often providing important services to other businesses, Yan said. If they go, the general cost of doing business in Vancouver will go up, making it even more challenging to attract talent and nurture startup businesses. He pointed out that Lululemon, now one of Vancouver's biggest business success stories, got its start on industrial land near Knight Street.

Mayor Gregor Robertson has said the city will work on maintaining the supply of industrial and commercial land to ensure rents are not escalating due to lack of job or retail space. But Mike Wiebe, a member of the board for the Mount Pleasant BIA, said the city's recent decision to rezone a light industrial zone in Mount Pleasant to office space geared toward the tech industry has spurred huge speculation along the neighbouring commercial street: Main Street between 7th and 2nd avenues.

"Speculation is hurting the neighbourhood," he said.

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HUDSON'S BAY

Lauren Brown, food security co-ordinator, at the Strathcona Community Centre. The centre is hoping to raise the remaining $1 million of its budget. JENNIFER GAUTHIER/METRO

Food program aims to bite into funding

BUDGET

$1M to help centre feed and support hundreds

David P. Ball
Metro | Vancouver

At Strathcona Community Centre, a truck delivered a new shipment of donated food on Thursday afternoon. It's a common sight at the tiny facility near the Downtown Eastside.

That's because the centre has devoted a major portion of its programming to something everyone needs: food. In the "highly diverse and poorest postal code in Canada," access to healthy food is an even more pronounced need, explained Shannon Williams, president of the Strathcona Community Centre Association.

"We started all our food programs out of need," Williams said. "It's a necessity in our neighbourhood.

"Two-thirds of our program participants from children to seniors can't afford to pay full fees, so our centre subsidizes them.

Today, the centre — which is attached to the local grade school, and has integrated many of its programs — feeds an average 120 children and their family members hot breakfast every school day, and through its weekly healthy food backpack program serves an estimated 420 people. Other initiatives include food-making and preserving workshops, family trips to farms and markets, and snacks for a childcare facility.

"There was such a need for food support," said Lauren Brown, the association's food security co-ordinator for the past four years. "People couldn't participate in our other programs at the community centre or the school if they haven't had a meal recently.

"A guiding principle is that our programs are more holistic: people don't just come to access food, but they can also become engaged in other things, to be supported to use their strengths and gifts … and to take on a leadership role and form long-term friendships."

> **Our bottom line, though, is to be a centre that serves its community. And that's what we do.**
> Shannon Williams

The majority of Strathcona's budget is privately fundraised — save for roughly $700,000 a year from Vancouver's park board, including staff, maintenance and a cash contribution.

The association is left with a stark choice: cut back on neighbourhood services, or fundraise the remaining $1 million of its budget.

That's what it does, despite a small staff and volunteers focused on services. But as the city's Community Centre Associations continue to negotiate with the city over how or whether the money they each raise should be redistributed to needier neighbourhood centres, Williams said Strathcona "is in a unique position."

"It's been a challenge to raise money through grants, fundraising events and donations," Williams admitted. "It's a huge responsibility on our staff and board just to keep afloat."

She's asked the park board to invest $200,000 more a year, topping the centre's budget up so only half has to be privately fundraised.

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HEALTH

About 1 in 6 women affected by infertility, says advocate

Wanyee Li
Metro | Vancouver

A B.C. woman will be celebrating Family Day with her newborn baby for the first time this weekend and is calling on the province to publicly fund in-vitro fertility (IVF) treatments after it took several rounds of treatment for her to conceive.

IVF, which can cost more than $10,000 per treatment, is covered under provincial health-care plans in Ontario and Quebec, but not British Columbia.

But infertility affects one in every six women in Canada and is a medical condition just like any other illness that is covered under the province's Medical Services Plan (MSP), argues Juvarya Veltkamp, an advocate with IVF4BC.

Juvarya Veltkamp became pregnant with Blaise, now four months old, after five rounds of in vitro fertilization treatments. Treatments typically cost $10,000 per session. JENNIFER GAUTHIER/METRO

"It's one of the saddest things that I've ever been through. It's like we have to mourn something but you can't share that with a lot of people — they don't understand it because nobody died," she told Metro.

Veltkamp and her husband are now the happy parents of a four-month-old son but she doesn't want other families to go through the same ordeal they did.

They took out loans, remortgaged their house, and worked multiple jobs in order to pay for five rounds of IVF treatments. The total cost was in the six-figure range, said Veltkamp.

"We were lucky that we were able to but I feel like every other person I speak to has had some difficulty. This affects so many people," said Veltkamp.

"IVF should be publicly-funded in B.C. so that families can access treatment without going into debt."

IVF, where doctors attempt to jumpstart pregnancy by growing an embryo outside the womb for the initial few days, has a 90 per cent success rate after three rounds of treatment, according to Dr. Gary Nakhuda, a physician at the Olive Fertility Centre in Richmond, B.C. But many people give up after one round, partly because of the cost, he said.

> **It's one of the saddest things that I've ever been through.**
> Juvarya Veltkamp, about infertility

"It pays to be persistent," he said.

"These patients will usually have a healthy outcome — it just takes more effort sometimes and more money."

The clinic performed about 1,100 rounds of fertility treatments last year, 15 per cent of which were for LGBTQ patients, he told Metro.

People in the LGBTQ community often have no choice but to go to fertility clinics in order to start a family, whether that means finding a sperm or egg donor for IVF, or freezing their own eggs before a sex change, Nakhuda said.

In response to Metro's request for comment from Health Minister Terry Lake, a ministry spokesperson sent this statement:

"Clinics offering in-vitro fertilization are private clinics and as such, the Ministry of Health has no authority over the costs charged for treatment. Our focus is to insure effective, medically necessary procedures, while keeping health care costs sustainable."

Artificial insemination, a fertility treatment where sperm is artificially introduced into a womb, is covered under MSP.

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BUSINESS

Vancouver startup lets you share a cow

Wanyee Li
Metro | Vancouver

A local startup wants to make "cowsharing" as popular as carsharing in Vancouver by offering a service that helps people crowdfund livestock and divide the meat among themselves.

People on Meatme.co can buy shares of a cow, lamb, pig, or chicken so that when the animal is fully funded, farmers are paid for the animal, butchers divide the meat up, and delivery people drop each order off at customers' homes. Each order consists of a set variety of meat cuts to ensure no one fights over the tenderloin.

It's a business model that entrepreneur Victor Straatman was familiar with in Holland, where he grew up. When he didn't see anything like it in Vancouver, he decided to try it himself.

He had the good fortune of sharing his first cow with a friend of restaurateur and Top Chef Canada contestant Trevor Bird, who jumped at the idea of making a business out of it.

"We really want to make the local sustainable farmers more accessible to people," said Straatman. "Hopefully we expand the market and get people thinking about what kind of meat they eat and support the local farms who do a great job raising the animals in a healthy and humane way."

The pair launched Meatme.co in September 2016 and have delivered meat from dozens of locally raised animals to 350 customers so far.

Unlike other crowdfunded food programs like Sole Food and Skipper Otto — which Straatman subscribes to and wholeheartedly supports — there is no membership or subscription fee for Meatme. According to the company's analysis, its meat is anywhere from eight to 28 percent cheaper than equivalent products (locally raised, grass-fed, no hormone meat) at supermarkets.

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TRANSLINK

Premier Clark says she was mad at the time and the accusation was a knee-jerk reaction THE CANADIAN PRESS/CHAD HIPOLITO

Clark admits jumping to conclusions

POLITICS

Horgan wants apology after premier blamed NDP for hack

It's not the apology B.C. New Democrat Leader John Horgan has demanded, but British Columbia Premier Christy Clark admits she jumped to conclusions when she blamed the Opposition for hacking her party's website.

Clark said Thursday that if Horgan really feels he needs an apology, he will have the opportunity to raise the issue directly with her when the legislature sits again on Tuesday.

"I was really mad about it, I did draw a quick conclusion," she said in a telephone interview with CHNL radio station. "An investigation, I'm sure will be underway. Let's wait for the results of the investigation. I'm sure they will uncover the individual that did it in the legislature."

B.C. Liberal Party spokesman Emile Scheffel said their review on the alleged hack continues.

"We have identified numerous IP addresses linked to attempts to hack into BCLiberals.com," he said in an email statement.

He said one of the addresses had been traced to the legislative assembly in Victoria.

Clark said that it appeared someone in the legislature was trying to "subvert our democratic process."

She made the original hacking allegation on Tuesday during a Facebook live interview with the Vancouver Sun.

The allegations involve accessing confidential information supplied to the Liberal party by people who responded to an online survey.

Horgan demanded an apology on Wednesday over what he said were false allegations. He said if he didn't get that apology from Clark over the "complete fabrication," the party would be looking at its legal options.

On Thursday, Horgan wouldn't say if he would continue with a legal solution.

"The more important issue is not the liable, the more important issue is her character and her inability to distinguish between good government — working for the people of B.C. — and working to protect her job, which is clearly her only motivation at this point."

Horgan said he thinks all British Columbians are disappointed that the premier makes rash decisions without having all the information.

THE CANADIAN PRESS

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Amy Logan
For Metro | Vancouver

Hundreds of gardeners mill through the VanDusen Botanical Gardens, clutching seeds and talking to farmers.

It's a scene from Vancouver's booming seed-sharing economy. With seed libraries cropping up and swaps held across the Lower Mainland, locals are recognizing the practice is a tangible way to help the environment.

Older, well-adapted varieties, known as heirloom or heritage, are sought after. The depth of flavour in an heirloom tomato proves what was lost when large growers sought uniformity.

Writer and grower Dan Jason says preservation is needed as climate change disrupts our world. "Interest in seed saving is growing as people realize that if we don't have good seeds, we won't have good food," he said.

Vancouver has responded, with the likes of Village Vancouver's seed sharing programs to the seed library at Kwantlen Polytechnic University.

The libraries build networks and create locally-adapted seed varieties. Members can sign out seeds just as they would books, with the promise to grow and save them.

B.C. is "far ahead of other provinces" in seeing seeds' role in food safety and genetic diversity, Jason said.

Seedy Saturdays, markets for selling and swapping, said to have started here more than 25 years ago, are now held across Canada. (VanDusen garden hosts one on Feb. 25.)

Seed saving is important, Jason said, because simple, savable seeds are rapidly disappearing.

"Corporations are controlling the market with hybrid, patented and genetically modified seeds," he said. "Nature is infinitely abundant and diversity trumps monoculture in every way."

Cree artist puts racism on our plate

INDIGENOUS STORIES

'Wonderful world' exhibit skewers society

Cara McKenna
For Metro

Judy Chartrand and her art are honest about being Indigenous.

That could be a reason why it took decades for the Vancouver-based Cree artist's work to get mainstream recognition.

Even when the Bill Reid gallery approached Chartrand to exhibit her sardonic ceramic pieces, there were hesitations.

"We initially weren't sure how people would respond," said Beth Carter, the gallery's curator.

"She doesn't hold back in speaking about the relationship between white people and Indigenous people."

Chartrand's current exhibit, What a Wonderful World, a retrospective of ceramics created since the late 1980s, was recently extended for another month.

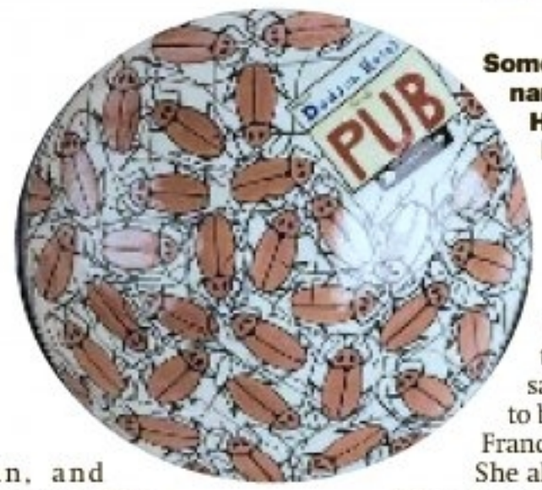
While at first glance the pieces look glossy and beautiful, on further inspection they contain cutting messages about racism, poverty and life on the Downtown Eastside.

Styles for the ceramics range from pop art influenced and darkly humorous to traditional.

One piece depicts Native spirituality in a spray can. Another illustrates the notoriously gritty Empress Hotel and cockroaches.

The title piece for the exhibit, Chartrand's favourite, is a plate with a delicate floral design around the edges, but a surprising racist statement in the middle: "GO BACK TO YOUR OWN COUNTRY!"

The piece, created several years ago, holds particular significance now, with the Syrian refugee crisis, U.S. President Donald Trump's immigrant ban, and many visible minorities grappling with discrimination and fear.



Some works are named for East Hastings hotels.
BILL REID GALLERY OF NORTHWEST COAST ART

Chartrand wonders why white people don't see the hypocrisy in discriminatory statements like telling other people who didn't originate here to go back to their own country.

"I don't know why they don't see the irony in that," she said.

"First Nations people, you never hear us saying that to people."

Chartrand is now creating smaller bowls with the same message that are set to be shown in San Francisco.

She also recently exhibited at the Outsider Art Fair in New York City.

"I've gotten quite a few really good responses. (Strangers) have sent me messages and I'm really happy people are getting what I'm trying to say," she said.

"I think some people might see my work and might get pissed off. But others, it's an awareness for them, and I'm glad they're being woken up."

Chartrand's exhibit runs at the Bill Reid Gallery of Northwest Coast Art downtown until March 26.

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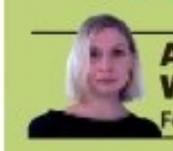
INDONESIAN JAVA IN KITS

FOOD NOTES



Abby Wiseman
For Metro

Channes Kwan hated coffee as a kid, when he was helping harvest his family's coffee farm in Indonesia. Talking about it now, he mimics brushing twigs and bugs from his hair.

But he's over his childhood disdain, and bringing Indonesian coffee beans to Vancouver at Nusa Coffee at 2766 W. 4th Ave.

The beans are bold, bright and strong. I tried two different medium roasts, Toraja and Java Ijen.

The Toraja was big and bold with a full mouthfeel and a bitter finish. The Java Ijen was more subtle and mellow with a clear and clean finish.

To accompany the brews, Kwan offers a range of Indonesian snacks, including samosas and rice cakes alongside cafe staples such as lemon loaf.

The samosa was warming, but not spicy or heavy, and best paired with the mellow Java Ijen.

The sticky rice, wrapped in a banana leaf and stuffed with shredded chicken, shone with coconut and lemongrass flavours. The sweetness paired nicely with the bold, acidic Toraja.

I also tried a pandan rice cake topped with shredded coconut. The pandan is a bit citrusy, earthy and grassy. The cake was dense, spongy, not too sweet and paired best with the Toraja.

But the greatest gem at Nusa is Kwan himself. He is a wealth of knowledge on everything from how the most expensive coffee in the world is made to Indonesia's regional spices.

It was an engaging conversation, over strong coffee and goodies that I would go back for. And if you're contemplating the lemon loaf, give the pandan rice cake a shot instead.

An antidote for the times

THE BIG SQUEEZE

Graeme McRanor
For Metro

Let's hit pause. It seems we've reached that part of the movie where large groups gather around public televisions and just watch — collective mouths agape — as the world slowly descends into turmoil.

My social streams have swelled into rivers of rage. Everybody's shouting, and the stupidity is deafening.

Suddenly, I'm yearning for cat memes. And I hate cat memes.

What the hell is going on?

I'm online a lot. As someone who makes content, it's part of my job. And I love reading, watching and sharing inspiring work from around the world.

I also like knowing what's happening in it. And lately that barrage is bringing me down.

A happy dad with his little girl. COURTESY SUZY PATRICK

But I have the antidote.

She's nearly eight pounds now and, every evening after work — after I make dinner for my eight-year-old son and do our dishes — I relieve partner Suzy of baby duties, lie back on the couch and place my little girl on my chest. By then my son is reading Diary of a Wimpy Kid: Double Down for the 67th time. Suzy is preparing some food (she's vegan; it's complicated). And I am settling in for what's quickly become my favourite part of the day.

There is no phone, laptop or book. No newsfeed, television or radio.

There is only breathing. And her heartbeat on my chest. And, even though she's usually sleeping, the knowledge that she can feel mine.

I'm not thinking about work deadlines. Or debt. I'm not thinking about power-hungry presidents, pipelines or mass shootings. I'm not trying to wrap my head around how sons and daughters of immigrants could be anti-immigrant.

I'm not thinking about religion, Nazi sympathizers or why a group of old men in poorly-tailored suits think they should be regulating women's reproductive systems.

Sometimes, she'll grab my neck, as if trying to pull me closer. Other times she'll groan as she stretches her limbs. Occasionally she'll even open her eyes, look at me and smile.

"It's daddy," I say, smiling back. "I'm home."

"Happiness," Walt Whitman said, "not in another place but this place … not for another hour, but this hour."

In other words, enjoy the moment. Because this moment is your life. And it doesn't last long.

NIIBERATCHII

Niiberatchii is a doodle artist & street style photographer living in Delta, BC.

You can order a limited edition post card or print of the *"love is blind"* art by emailing her at:
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All-Native tourney is a 'bright light'

SPORTS

Basketball still major activity in isolated villages

Frank Parnell says the spirit of the long-running All-Native Basketball Tournament in Prince Rupert on British Columbia's north coast never left his body, even though the last time he was on the court was almost 50 years ago.

Parnell, 67, said he was 19 years old when he last played in the tournament. But it's amazing he was even able to play in one of the top Indigenous sporting and cultural events in Canada.

"I was born with one hand, so I was kind of unique to the tournament," he said.

Up to 4,000 people are expected to attend the tournament, which starts Sunday and concludes Feb. 18. There are 51 men's and women's teams and about 600 athletes.

Parnell said despite economic and social hardships among Indigenous peoples, basketball has endured as the heart and soul of Indigenous sporting culture in B.C.

He recalled basketball becoming a huge part of his life when his family moved from Masset on Haida Gwaii to Port Edward, south of Prince Rupert, to work in what was a thriving fishing industry.

"Everybody used to live in Port Edward for fishing and cannery work," Parnell said. "We played basketball at the elementary school. We played outdoor basketball and eventually the church there formed a team and we entered the tournament as young kids."

Fishing is no longer a major employer, but basketball remains a major community activity in the remote Indigenous villages.

Parnell said the tournament's roots, which date back to the late 1940s, were about building community and competition among the area's Indigenous groups.

Parnell will be inducted into the All-Native Tournament's hall of fame during a ceremony honouring his achievements as a volunteer tournament builder and administrator.

Tournament president Peter Haugan said isolated First Nations villages along the northwest coast empty out as people come to cheer on their teams and for those who can't attend the tournament, many of the games are broadcast live on radio or over the Internet.

"There's no cash prizes or anything," Haugan said. "There's just the pride of winning this thing. It's like a bright light for First Nations."

He said it's the largest basketball tournament in B.C., and the largest Indigenous cultural event in Canada. THE CANADIAN PRESS

150 WAYS of looking at Canada

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ERIC HAMILTON

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SYRIAN REFUGEES

Woman flies to Jordan after sponsored family delayed

Jen Taplin
For Metro | Halifax

Their first meeting should have been a joyous occasion at the airport. Instead it happened in a small one-bedroom apartment in Jordan.

Frustrated at delays and eager to meet the sponsored Syrian refugee family, Stephanie Gillis took matters into her own hands and visited them in Jordan last month.

Gillis and her colleagues at Southwest Properties contributed about $25,000 to sponsor a family. They were paired with a family in December 2015 and told they would arrive by February 2016. They're still waiting.

So in January Gillis packed her bags and headed to Israel, hoping to pop over to Jordan to see the family. A connection through a friend on Facebook helped her navigate the streets and track them down.

The dad, Mouad Almasalma, thought someone was coming to his door to tell him his application was rejected.

"I got out of the car and the look on his face, it was amazing, it was so cool," she said.

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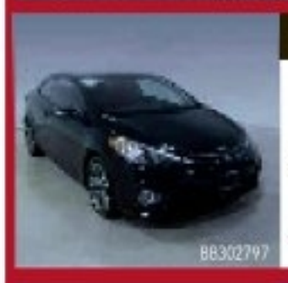

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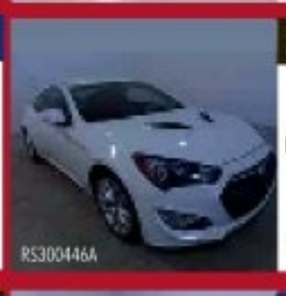

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Court won't bring back Muslim ban

POLITICS

But it's not over; Appeal to Supreme Court is likely

SEE YOU IN COURT, THE SECURITY OF OUR NATION IS AT STAKE.
U.S. President Donald Trump

Mr. President, we just saw you in court, and we beat you.
Washington Gov. Jay Inslee

A federal appeals court refused Thursday to reinstate President Donald Trump's ban on travellers from seven predominantly Muslim nations, unanimously rejecting the administration's claim of presidential authority and questioning its motives.

The panel of three judges from the San Francisco-based 9th U.S. Circuit Court of Appeals declined to block a lower-court ruling that suspended the ban and allowed previously barred travellers to enter the U.S.

The court battle is far from over. The lower court still must debate the merits of the ban, and an appeal to the U.S. Supreme Court seems likely. That could put the decision in the hands of a divided court that has a vacancy. Trump's nominee, Neil Gorsuch, could not be confirmed in time to take part in any consideration of the ban.

Moments after the ruling was released, Trump tweeted, "SEE YOU IN COURT," adding that "THE SECURITY OF OUR NATION IS AT STAKE!"

In response, Washington Gov. Jay Inslee, a Democrat who leads one of the states that challenged the ban, said: "Mr. President, we just saw you in court, and we beat you."

The appeals panel said the government presented no evidence to explain the urgent need for the executive order to take effect immediately. The judges noted compelling public interests on both sides.

"On the one hand, the public has a powerful interest in national security and in the ability of an elected president to enact policies. And on the other, the public also has an interest in free flow of travel, in avoiding separation of families, and in freedom from discrimination."

The court rejected the administration's claim that it did not have the authority to review the president's executive order.

"There is no precedent to support this claimed unreviewability, which runs contrary to the fundamental structure of our constitutional democracy," the court said.

While they did not rule on the merits of the states' argument that the travel ban was intended to target Muslims, the judges rejected the government's claim that the court should not consider statements by Trump or his advisers about wishing to enact such a ban. Considering those remarks, the judges said, falls within well-established legal precedent.

The Justice Department said that it was "reviewing the decision and considering its options." It was the first day for new Attorney General Jeff Sessions, who was sworn in at the White House on Thursday.

The ban temporarily suspended the nation's refugee program and immigration from countries that have raised terrorism concerns.

THE ASSOCIATED PRESS

Speculation about Palin as ambassador

Sarah Palin has been governor of Alaska, candidate for vice-president of the United States and the butt of countless jokes. Now is she about to become the American ambassador to Canada?

On Wednesday, White House press secretary Sean Spicer fuelled speculation that Palin is Ottawa-bound when he declined on Wednesday to comment on whether she is being considered as ambassador to Ottawa.

"With respect to the ambassador, we have no additional ambassador nominations or announcements to make on that front," Spicer told reporters when asked specifically about rumours that Palin was under consideration for the Canadian post. That was enough to cause Twitter to blow up."Sarah Palin as ambassador?" New Democrat MP Charlie Angus tweeted. "Well that would show how little Steve Bannon and his pal @realDonaldTrump think of Canada." TORSTAR NEWS SERVICE

U.S. President Donald Trump and Canadian PM Justin Trudeau will meet Monday. THE CANADIAN PRESS & THE ASSOCIATED PRESS

INTERNATIONAL RELATIONS

Trump and Trudeau to meet for first time

President Donald Trump will receive Prime Minister Justin Trudeau at the White House on Monday — their first official meeting after weeks of back-and-forth about setting a tangible agenda beyond pleasantries and first-encounter photo ops.

Several people familiar with the planning said uncertainty about the date lingered for a reason: the Canadian side wanted specific results, while the American administration is still busy getting its cabinet confirmed.

The scheduling drama was further fuelled by a spectacular public rift between Trump and the president of Mexico last month, scrubbing plans for a potential trilateral meeting of the continent's Three Amigos.

THE CANADIAN PRESS

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GLOBAL DIGEST

UNITED STATES

Cities hit by biggest snowstorm of the winter

The biggest storm to hit the Northeast U.S. this winter dropped a foot or more of snow along the New York-to-Boston corridor Thursday, turning roads treacherous, grounding flights and giving millions of people weather whiplash a day after temperatures soared into the 10s.

Scores of accidents were reported as drivers confronted blowing snow and slick highways. Schools closed in cities big and small.

THE ASSOCIATED PRESS

MEXICO

Monarch butterfly numbers drop 27%

The number of monarch butterflies wintering in Mexico dropped by 27 per cent this year, reversing last year's recovery from historically low numbers, according to a study by government and independent experts released Thursday.

The experts say the decline could be due to late winter storms last year that blew down more than 100 acres of forests where migrating monarch butterflies spend the winter in central Mexico.

THE ASSOCIATED PRESS

NETHERLANDS

Prosecutors seek 11 years for alleged cyberbully

Dutch prosecutors on Thursday sought the maximum possible sentence — nearly 11 years — for a man charged with cyberbullying dozens of young girls and gay men and who is also accused in Canada of sexually extorting Amanda. Todd, a 15-year-old girl who later killed herself.

Prosecutor Annet Kramer urged judges at a court in Amsterdam to sentence the suspect, identified only as Aydin C., to 10 years and eight months in prison, saying he subjected some of his victims to years of emotional abuse.

THE ASSOCIATED PRESS

Ivanka and Melania Trump speak during the presidential inaugural parade. AFP/GETTY IMAGES

They just want your money

It's clear now — The already-rich Trumps just want to get richer.

I love shoes. Many times I've picked up a pair that looked as if it could be something I'd want to wear, if it weren't for some hint of cheapness. Once you got closer, it wasn't quite as elegant. The fabric a tad tacky. The stitching imprecise. And it was always Ivanka Trump (™).

It's not until numerous people posted images of bland Ivanka Trump wrap dresses on Facebook this week — supporting Nordstrom's claim that it recently dropped her line of women's wear because it wasn't selling well — that I remembered the shoes. I realized what a perfect metaphor they were for Ivanka herself: now that we've had a closer look, we can spot the fake.

This week, we saw the curtain fall away completely. First, Trump slammed Nordstrom on Twitter. Then Kellyanne Conway, Trump's key advisor, shifted gears from presidential spokesperson to lifestyle brand endorser.

"Go buy Ivanka's stuff," she told the American people on Thursday. "I'm just going to give a free commercial here: Go buy it today, everybody."

From the beginning, the idea that the Trump family would not try to profit from the presidency was as foolish as believing a dog would not try to roll in a pile of s—. But few thought we'd see it expressed so blatantly.

Conway's shopping-channel episode came only days after we learned that Melania Trump was in fact planning on making wads of cash from being first lady.

Court documents filed by her lawyers as part of a libel suit against the Daily Mail newspaper argue that she's lost out on a "unique, once in a lifetime opportunity" to "launch a broad-based commercial brand in multiple product categories, each of which could have garnered multi-million dollar business relationships for a multi-year term during which Plaintiff is one of the most photographed women in the world." In other words: She planned to use her time as first lady to get rich(er).

You can leave your ethics and morals to the birds and the bees, America. They want money.

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metro SCIENCE

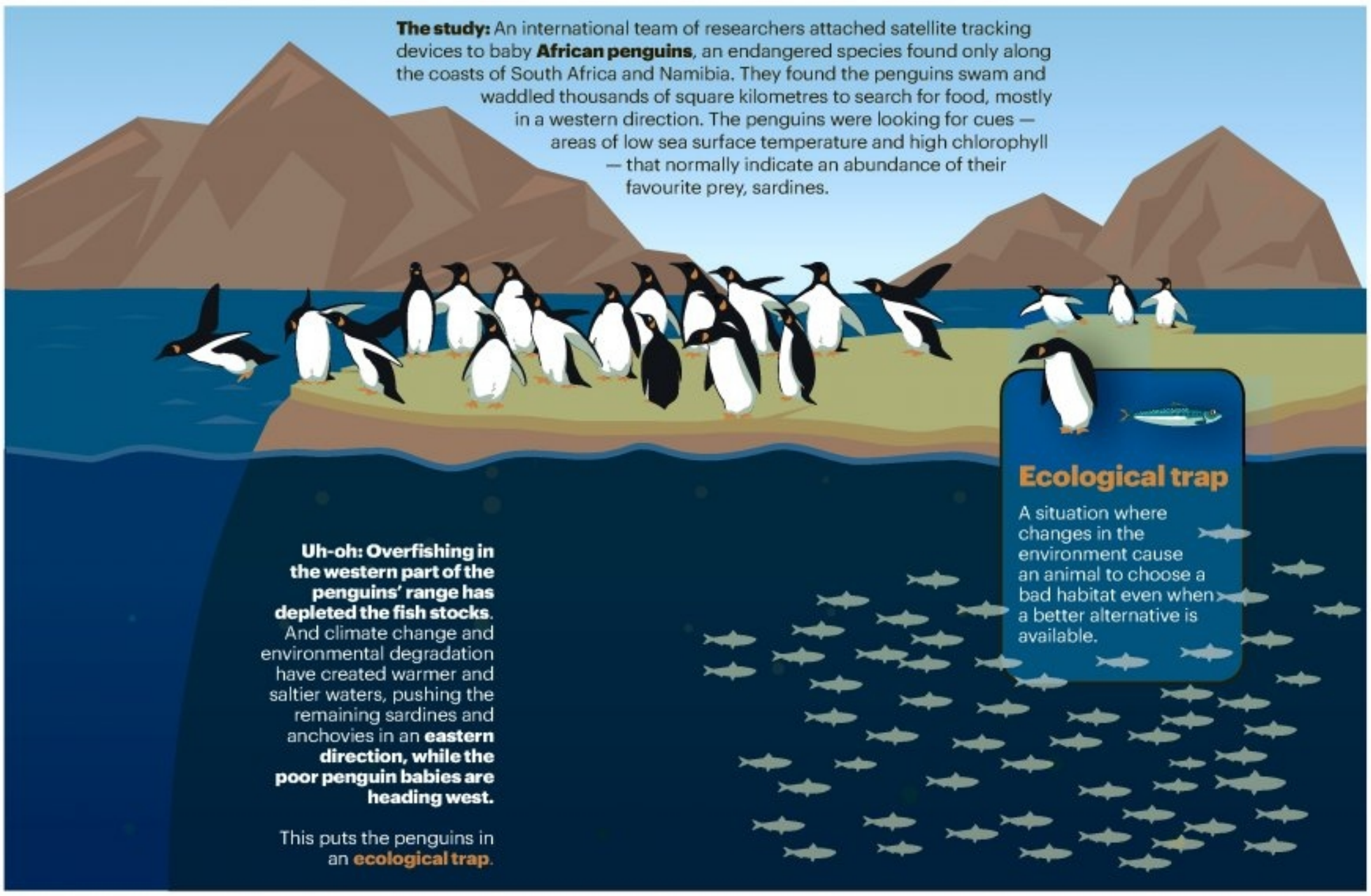
Your essential daily news

From the Department of Duh: Traffic deaths are declining because people are driving less, a new study says

DECODED by Genna Buck and Andrés Plana

DEATH MARCH OF THE PENGUINS

Baby African penguins are in serious trouble. They're toddling off into the sunset looking for food, but heading in the wrong direction. Humans have messed up their habitat, so their favourite snack, sardines, isn't where it's supposed to be. The breeding population in the hardest-hit areas is about half of what it should be. **They're stuck in a trap. Here's why.**



CITIZEN SCIENTIST by Genna Buck

A special message for Research Christmas

Merry Research Christmas! The first 2016 census numbers are out! This is bigger than regular Christmas. Experts have been pining for comprehensive data about the Canadian population since the mandatory long-form census was scrapped in 2010. God bless eggheads everywhere!

I know there's a feeling in the air right now that you can't rely on stats or polls, only your own two eyes. But you can rely on Statscan. It's independent. The data were collected with accepted, transparent methods and reviewed by qualified wonks. If there's a problem, it will be corrected. The same can be said for stats in reputable scientific journals. But it can't be said for much of what passes for "statistics."

Nobody uses scientific methods to collect statistics about issues of no scientific interest. Here's an example stat: The average woman has 20 pairs of shoes in her closet. It *sounds* true. But who would fund a study on that? No one, I think. I found the number in a Daily Mail article, but it's originally from an online survey (not a peer-reviewed study) by a random British couponing website, VoucherCodesPro.co.uk.

Even some often-repeated statistics of supreme public interest are untraceable. Case in point: survivors of domestic violence leave their abusive partners an average of seven times before staying away for good.

The statistic is often attributed to the National Domestic Violence Hotline. But on their site, they link to a CNN article that quotes an expert saying it. No study, though. I found one graduate students' paper that repeated the stat, citing a 2005 Body Shop press release. The press release didn't cite a source.

Questioning the stat isn't doubting that domestic violence is a devastating problem. Maybe the number is even higher. (If you know the real number, get in touch!). Meanwhile, my Research New Year's resolution is not to repeat, cite, share or rely on stats from dubious sources.

Science Question?
genna.buck@metronews.ca

FINDINGS
Your week in science

SHIFTING FERTILITY FACTS jobs with a lot of manual labour or anti-social hours such as night shifts may negatively affect women's fertility, a new study says. Women doing these types of work tend to have fewer eggs and fewer mature eggs.

BATTERY UP Imagine: A battery that lasts ten years, storing solar energy in your basement and discharging it to heat your home. And if it bursts? No prob, the solution inside is water-based. Harvard scientists unveiled just such a prototype this week.

SOUND SMART

DEFINITION
Formication is the feeling of ants crawling all over your body. Most often, it's the result of a common **tactile hallucination** (the ants aren't real, the problem is psychological).

USE IT IN A SENTENCE
Mercedes has been scratching all week and is slathering herself in expensive homeopathic cream. The **formication** she's feeling is real, but the problem is in her head.

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by Jason Logan

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MOVIES MUSIC TELEVISION DIGITAL

Keanu cashing in on charisma

IN FOCUS

Unpredictable Reeves returns as John Wick to confound again

Richard Crouse
For Metro Canada

This weekend one of the most multipurpose and enduring movie stars of the past thirty years returns to the screen. Kevin Spacey? No. Daniel Day-Lewis? Na'ah. Gary Oldman? Nyet. It's Keanu Reeves.

Wait! Isn't he the guy critics love to hate? That Reelviews said was, "an actor of exceptionally limited scope" just as the Daily Mail called his performance in Constantine an "impersonation of a sleep-walking plank"?

Yes, one in the same. He's The Matrix's Neo, the Ted of Bill & Ted's Excellent Adventure and Point Break's Johnny Utah.

This weekend he's the title character in John Wick: Chapter 2, a down-and-dirty noir and follow up to the original 2014 hit.

The actor's latest incarnation represents another reinvention in a career spent keeping audiences guessing. He's gone on existential journeys, wooed Diane Keaton and played a peaceful extraterrestrial ambassador but Wicks is something else again.

The Wick movies are set in an alternative world of assassins where hit men and women are paid in special coins, stay in exclusive hotels — with killer views no doubt — and speak in a strangely formal way.

They see themselves as professionals with a civilized code of conduct… except that there is nothing civilized about the work they do. In the first film Wick was an assassin so tough he didn't bother to take off his gore-soaked shirt when beginning his bloody quest for vengeance.

John Wick, the movies and the character are blunt, über macho instruments, brought to life by Reeves in a performance that cripples the argument Today.com made that he is simply a "reciter of dialogue." First of all there is very little dialogue.

The opening fifteen minutes of the first film is essentially a silent movie kept interesting by Reeves's action hero charisma. Unlike Meryl Streep he can't do accents and he doesn't have the range of some of his former co-stars like Oldman but what he does have is presence.

At his best Keanu understands how to be on screen. Author Bret Easton Ellis said that Reeves "is always hypnotic to watch," and what is a movie star if not someone you can't take your eyes off?

The Wick movies cap a busy and unpredictable time for the actor. After Speed and The Matrix he could have stuck to action films and made a career running jumping and kicking people. Instead he diversified, jumping from romances like Sweet November to crime dramas like The Watcher to The Replacements, a sports comedy.

From studio movies to indies he is unpredictable in his choices, defying expectations. Take his erotic horror thriller Knock Knock for instance. He plays a man held captive in his own home by three female home invaders. It's not a remarkable movie — I called it "deeply unpleasant" in my review — but what makes it interesting is Keanu's character's complete inability to protect himself. Most A-listers wouldn't allow themselves to be portrayed as such easy prey but Keanu relishes the chance to upend our view of him.

For sure Reeves has made some bad movies and even been bad in some movies but that sometimes happens when actors don't play by the rules.

MOVIE RATINGS by Richard Crouse

Fifty Shades Darker ★
The Lego Batman Movie ★★★
John Wick: Chapter 2 ★★★★
Paterson ★★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

Keanu Reeves returns as the title character in John Wick: Chapter 2. GETTY IMAGES

Cera on voicing a comedic sidekick

INTERVIEW

Canadian actor lends his vocals to a more earnest Robin

Richard Crouse
For Metro Canada

You can take the boy out of Canada but you can't take Canada out of the boy. When I meet with Brampton, Ont.-born Michael Cera to chat about his new project, The Lego Batman Movie, he's having lunch, eating a Waldorf salad.

The 28-year-old began his career in Canada with a Tim Hortons summer camp commercial before decamping to the United States, finding fame with Arrested Development and a string of successful movies like Superbad and Juno, but has retained his disarming Canadian politeness.

I walk in, he jumps up, "Do you want anything? Cheese? A coffee? How are you doing?"

Declining the snacks and coffee I ask him about the two-year process of recording vocal tracks to play half of the Dynamic Duo, Batman's ward Dick Grayson, a.k.a. Robin.

"You are only focussed on your voice," he says on the difference between live action and animation. "That gives you a certain amount of freedom to experiment in ways that you wouldn't normally. And there's nobody around. All self-consciousness that exists on a set where there is all this infrastructure put in place to set the camera up and point it at you and then you have to deliver. All that pressure is not there when you're in the studio. They just press record. They're not even recording on tape, it's digital. You just go and experiment and fail as many times as you want.

"As far as improvisation goes, it was very loose on this. The script is good and he jokes at work and everything ... you feel encouraged and take chances."

The Lego Batman Movie is part parody, part homage to the Batman origin story. When we meet Batman, played by Cera's former Arrested Development co-star Will Arnett, he may have outlived his usefulness as Gotham's main do-gooder. What does a Caped Crusader do when the city no longer needs a vigilante crime fighter? Alfred Pennyworth, the superhero's loyal butler and legal guardian suggests, "It's time to face your greatest fear, being part of a family again." Enter Dick Grayson.

"There's a great foundation there," Cera says about Batman's backstory. "I think the reason Batman keeps getting rehashed is because it is a great core story with this great character and the world around him. There is a lot to play off of in that."

Do you want anything? Cheese? A coffee? How are you doing?

Michael Cera, proving Canadian politeness is a lasting trait

Michael Cera teams up with former Arrested Development co-star Will Arnett in The Lego Batman Movie; a fresh take on the DC franchise. HANDOUT

It sounds heavy, but this isn't Christopher Nolan's long dark night of the superhero soul. "The best thing I can say about the tone is that it is a little like Chuck Jones," Cera says. "Joke. Joke. Joke. It has that kind of rhythm."

Cera's willingness to be irreverent with the Batman mythology isn't a lapse of manners — he is Canadian after all — it's because, "I'm not an overly enthusiastic Batman fan. I didn't grow up with the comics. Comics just didn't land with me. I was really into cartoons and Nintendo. That was where my head was at. I loved watching the Batman movies but I don't live and breathe it for some reason."

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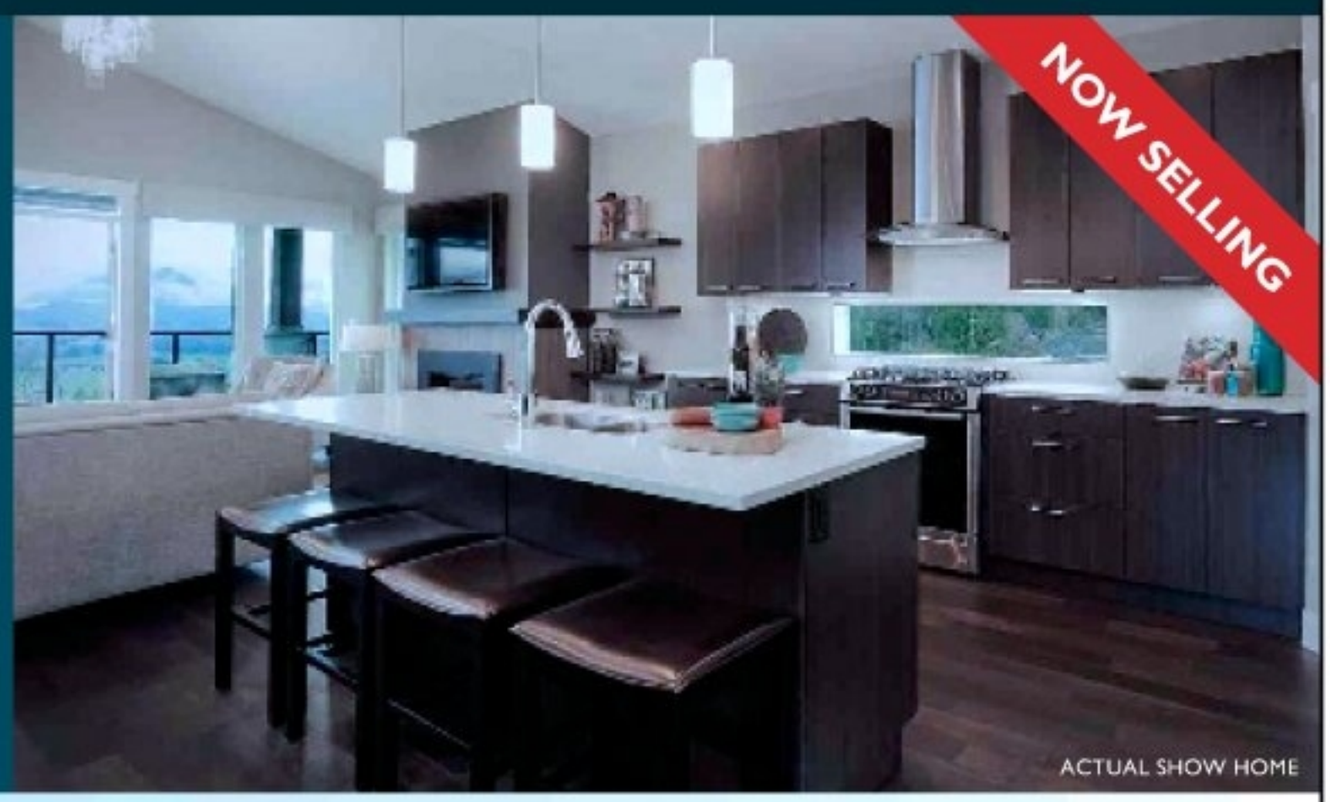

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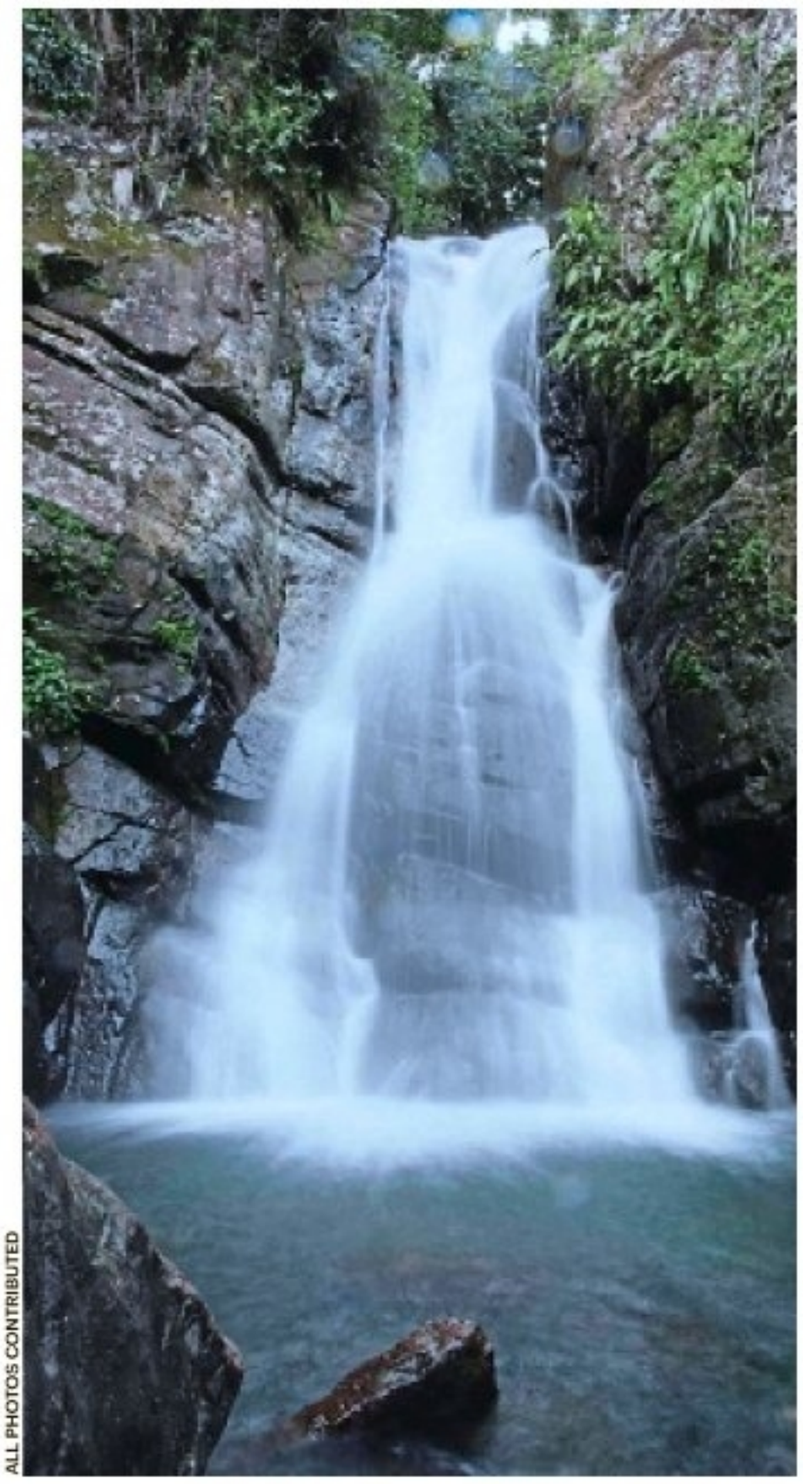
metro TRAVEL
Your essential daily news

Iris Apfel to host trans-atlantic fashion-themed cruise on the Queen Mary 2

Eco-tours on the Island of Enchantment

For those seeking more than your typical sand and surf getaway, Puerto Rico provides adventure. Yes, it has beautiful beaches and that golden Caribbean sunshine, but treks through lush rainforests and bioluminescence tours will take your usual island vacation up a notch. KAREN KWAN/FOR METRO



ALL PHOTOS CONTRIBUTED

Scale to new heights

Get your feet wet, literally. For an immersive experience, hook up with Ecoquest Adventures and leave your favourite kicks in your hotel room, because this is no walk in the (rainforest) park.

At times you'll be more than knee deep in the Turabo River as you make your way up a mountain in the Carite state forest. And the descent is no letdown: it's one exhilarating rappel — with safety harness on, of course — down a waterfall, immediately followed by five ziplines that bring you back to the base.

There you're welcomed back with a comforting home-cooked lunch prepared by the Figueroa family, who've resided here since before the forest became a reserve.

Nighttime adventure

A quiet paddle on a kayak through a mangrove in inky black darkness, cocooned by branches overhead. This start to the bioluminescent bay tour is enough to make you feel at one with nature. Soon enough, you enter Laguna Grande, and here is where — with a sweep of your hand into the warm water — you're rewarded with sparkles of light. This magical fairy dust, it's thanks to the heavy concentration of plankton in the bay, and this bay in Puerto Rico's Fajardo region is one of the rare places in the world you can have this enlightening experience.

Tip: For the best views, aim to book your excursion on a night without moonlight and avoid giong out after a heavy rainfall as both impact how much of a glittery glow you can see.

Explore a neighbouring island

For a crystal clear water and virtually untouched beaches, book a boat tour to take you to Culebra or Culebrita.

Tip: If you're motion sickness-prone, take your meds beforehand as strong waves will rock the boat along the way.

For a change from the beach scene, get your tropical rainforest fill at El Yunque, one of the oldest reserves in the Western Hemisphere, dating back to 1876. Its name is derived from the word yuquiye, which stands for white lands, given the forest of clouds just above the peaks. More than 1.5 million people visit this lush rainforest annually so you'll be rubbing elbows with plenty of fellow turistas.

The company is worth it for the chance to take in 240 native tree species (but thankfully no dangerous animals, snakes or insects), climb the 98 steps up Yokahu Tower to an elevation of 1,575 feet for the view and get a refreshing cool-down from by the mist of Juan Diego waterfall.

Four Seasons Toronto is organizing the global expedition. TARA WALTON/TORSTAR NEWS SERVICE

LIFESTYLES

Global culinary tour for the 1 per cent

Most travellers have a limited budget for food, hotels and souvenirs and will do their best to stick with it. And then there are those with the deepest of deep pockets.

It's clearly the latter that Toronto-based Four Seasons has in mind with its latest extravagant offering: a 19-day culinary-themed jaunt across Asia and Europe with opportunities to nosh in Michelin-starred restaurants, discover street food and go on chef-led market tours.

Price tag: $135,000 US per person. That's double occupancy. If you're hoofing it on your own you'll have to cough up the $12,000 single supplement.

Destinations on the itinerary include Seoul (the starting point), Tokyo, Hong Kong, Chiang Mai, Mumbai, Florence, Lisbon, Copenhagen and Paris.

An elephant trek in northern Thailand, a private viewing of Michelangelo's David in Florence and a foraging experience in Denmark are also part of the package.

Mingling with the commoners in the skies is not an issue. Air travel is aboard the Four Seasons private jet and accommodations are at the chain's luxurious hotels and resorts.

$135,000

Cost in USD, per person (add another $12,000 for single occupancy), to book your spot on a 19-day worldwide tour for foodies organized by Four Seasons Toronto.

Four Seasons, which partnered with Copenhagen restaurant Noma and co-owner Rene Redzepi to develop the May 27 to June 14 trip, says it is also tossing in a special gift: complimentary business-class airfare from each guests' home city to Seoul and back from Paris, up to $5,000 US per person.

THE CANADIAN PRESS

metro SPORTS

Bucks breakout forward Jabari Parker suffered a season-ending left knee injury for the second time in three years, the team said Thursday

Stilwell goes out second to none

PARALYMPICS

Wheelchair racer won numerous world titles

A second-place finish at the Paralympic Games marks a superhuman effort for most people, but winning a silver in London wasn't good enough for Michelle Stilwell.

She says the silver in the 100 metres wheelchair race at the 2012 Games was a career low point.

Stilwell, one of the world's most decorated Paralympic athletes and the first Canadian Paralympian to win gold in two different sports, announced her retirement Wednesday night after a stellar athletic career, winning seven Paralympic medals, including six golds, and numerous world championship titles.

"Most people would say, 'How can you not be happy with a silver medal?'" Stilwell said in an interview before her announcement. "But when you know you are capable of achieving gold and you come back with silver, knowing it was 100 per cent your fault and after 1,760 days of preparation for a less than 20-second event, it's hard to take."

She said she slipped at the start of the race and it cost her the gold medal.

Michelle Stilwell won Paralympic gold medals in wheelchair racing and basketball.
ALEXANDRE LOUREIRO/GETTY IMAGES

"In 100 metres you need to be focused and my head wasn't where it needed to be," said Stilwell, who is also the Liberal member of the B.C. legislature for the Parksville-Qualicum riding on Vancouver Island and a member of Premier Christy Clark's cabinet. "I let my country down. I let my family down. I let my supporters and sponsors down. That's hard to carry."

But Stilwell, 42, was back on top of the podium last summer, winning two gold medals at the Rio Paralympics. She won in both the 100 metres and 400 metres.

Nothing could be sweeter at that moment than hearing "O Canada" and having the gold around her neck, she said.

Stilwell, her voice cracking, said the victory marked her last stand in a career where she approached every race as if it was her last.

"Over Christmas, I actually for the first time went on a family vacation that wasn't sport related," she said. "I actually got to spend time with my boys and enjoyed those moments and realized that is something I want to do more of." THE CANADIAN PRESS

> **It's a good time to look ahead and prepare for what the future holds.** Michelle Stilwell

2018 WINTER OLYMPICS

Canada forecast to win 29 medals

An analytics company predicts a big Winter Olympics for Norway and says Canada will finish fourth in total medals won next year in Pyeongchang, South Korea.

The U.S.-based sports and entertainment data company Gracenote has Norway topping its virtual medal table with a whopping 40 medals, including 15 gold, which would both be a Winter Games records.

The current highs are Canada's 14 gold and the 37 medals won by the United States in 2010 in Vancouver and Whistler, B.C.

Canada is projected to collect 29 medals — nine gold, nine silver and 11 bronze — behind Germany with 34 and the U.S. at 32 in Pyeongchang.

France is pegged to post its best performance, tying the U.S. for gold with 10 and Russia at 22 medals.

The 2018 Winter Olympics open Feb. 9 and close 16 days later.

With a year to go, The Canadian Press forecasts 28 medals for the Canadian team (eight gold, 10 silver, 10 bronze).

Those who run Canadian sport are waiting until after world championships conclude to declare the country's goal for Pyeongchang.

240

The COC expects to send a team of approximately 240 athletes to Pyeongchang.

Finishing first in total medals won was the target in both 2010 and 2014, when Canada won 26 medals for third and 25 for fourth, respectively.

Canada ranks third among countries in gold medals (31) and total medals (116) so far this winter sport World Cup season behind Germany (64, 163) and the United States (45, 126).

THE CANADIAN PRESS

CFL IN BRIEF

Receiver Moore signs extension with Lions

The B.C. Lions signed receiver Nick Moore on Thursday to a contract extension through the 2017 season.

Moore, 30, had 15 catches for 205 yards in four games for B.C., but tore the anterior cruciate ligament in his knee while celebrating his only touchdown of the year July 16. THE CANADIAN PRESS

Riders coach denies working out Manziel

Saskatchewan Roughriders head coach Chris Jones has denied a report that the Saskatchewan Roughriders illegally worked out quarterback Johnny Manziel.

The former Heisman Trophy winner remains on the negotiation list of the Hamilton Tiger-Cats, which gives them CFL exclusivity to him. THE CANADIAN PRESS

Sedin lifts Canucks to win over Jackets

NHL

Miller's shutout also crucial to taking down Columbus

The Columbus Blue Jackets talked about gaining some ground in the playoff push in a seven-game homestand that began Thursday night. Instead, they ran into a hot goalie and were shut out by a team with nothing to lose.

Daniel Sedin had a goal and an assist, and Ryan Miller stopped 33 shots as the Vancouver Canucks beat the Blue Jackets 3-0 in a game that had Columbus coach John Tortorella questioning his team's emotion. Loui Eriksson and Jayson Megna also scored for the Canucks, who are far out of the playoff hunt in the Pacific Division. It was the third shutout this season for the Canucks and Miller, and the first on the road.

"We needed to turn this thing around, and to do that I think you need your goalie to be good, and I think he was great," Sedin said. "Good for him and good for our team."

THURSDAY in Columbus

3	0
CANUCKS	JACKETS

Sergei Bobrovsky had 21 saves for the Blue Jackets, who had plenty of offensive opportunities but couldn't find the back of the net.

Columbus is in playoff contention in the tough Metropolitan Division, but has been plagued by inconsistent play since a 16-game winning streak earlier this season.

"We didn't play well," Tortorella said. "It was zero emotion in the game, for what reason I don't know. We're going to try to find out. Nothing happens right if you don't play the game with emotion." THE ASSOCIATED PRESS

The Columbus Blue Jackets' Markus Nutivaara, left, and the Vancouver Canucks' Michael Chaput chase the puck on Thursday night. JAY LEPRETE/ THE ASSOCIATED PRESS

MLS

Williams hopes Caps can emulate Pats

Sheanon Williams wants to bring some of his hometown's championship swagger to the Vancouver Whitecaps.

Acquired from the Houston Dynamo in December, the 26-year-old Boston native was still glowing this week after New England's improbable comeback victory in the Super Bowl. The Patriots overcame a 25-point deficit to beat the Atlanta Falcons 34-28 in overtime Sunday night.

"It was an amazing game, one of the best I've ever seen," said Williams. "Definitely cool to see my city get another one."

The Whitecaps defender has actually witnessed his city win 10 combined titles in his lifetime, including five Super Bowls.

"I always say if I never see another championship I'd be OK with it," he said. "The Patriots' ones have been right up there, the Celtics' one in 2008 was one of my favourites."

Williams' ties to some of the trophies are a little closer than the average fan. He went to high school with Bill Belichick's two sons in the Boston area and would see the Patriots head coach at their football games.

Sheanon Williams THE CANADIAN PRESS

"Hoodie and all, watching by himself," Williams said with a smile. "The guy's just a machine. He's already getting ready for next year. Hopefully we can do a little bit of that here."

The Whitecaps would probably settle for a return to the playoffs following a disappointing 2016 campaign riddled with inconsistency, a lack of discipline and horrendous defending. Vancouver traded right back Steven Beitashour to Toronto FC before last season because of salary restrictions. Fraser Aird and Jordan Smith were brought in on loan deals as possible replacements.

While the defensive struggles couldn't be pinned solely on the young duo, neither was able to do the job on the right side of defence and were cut loose this winter. THE CANADIAN PRESS

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MAKE IT TONIGHT

Wholesome Salmon Cakes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

End your week on a light note with these simple, elegant salmon cakes.

Ready in 50 minutes
Prep time: 20 minutes
Cook time: 30 minutes
Serves 6

Ingredients
- 2 large Yukon Gold potatoes, peeled and chopped
- 2 tbsp vegetable oil
- 1 leek, washed well, sliced in half and thinly sliced
- 2 5 oz tins salmon, drained
- 2 tbsp fresh dill, chopped fine
- 1/4 cup mayonnaise

Directions

1. Simmer potatoes until tender in boiling water. Drain and mash. It will make about 2 cups of mashed potatoes. Allow to cool slightly.

2. Gently combine salmon, potatoes, leeks and dill. Blend in mayonnaise and a pinch of salt and pepper.

3. Form into about 12 patties — about 2 1/2 inches across and maybe 1/2 inch thick and place on a plate. Cover and refrigerate for at least an hour.

4. Heat some vegetable oil until hot but not smoking. Fry the cakes — don't over crowd the pan, you'll have a hard time flipping them — for about five minutes a side.

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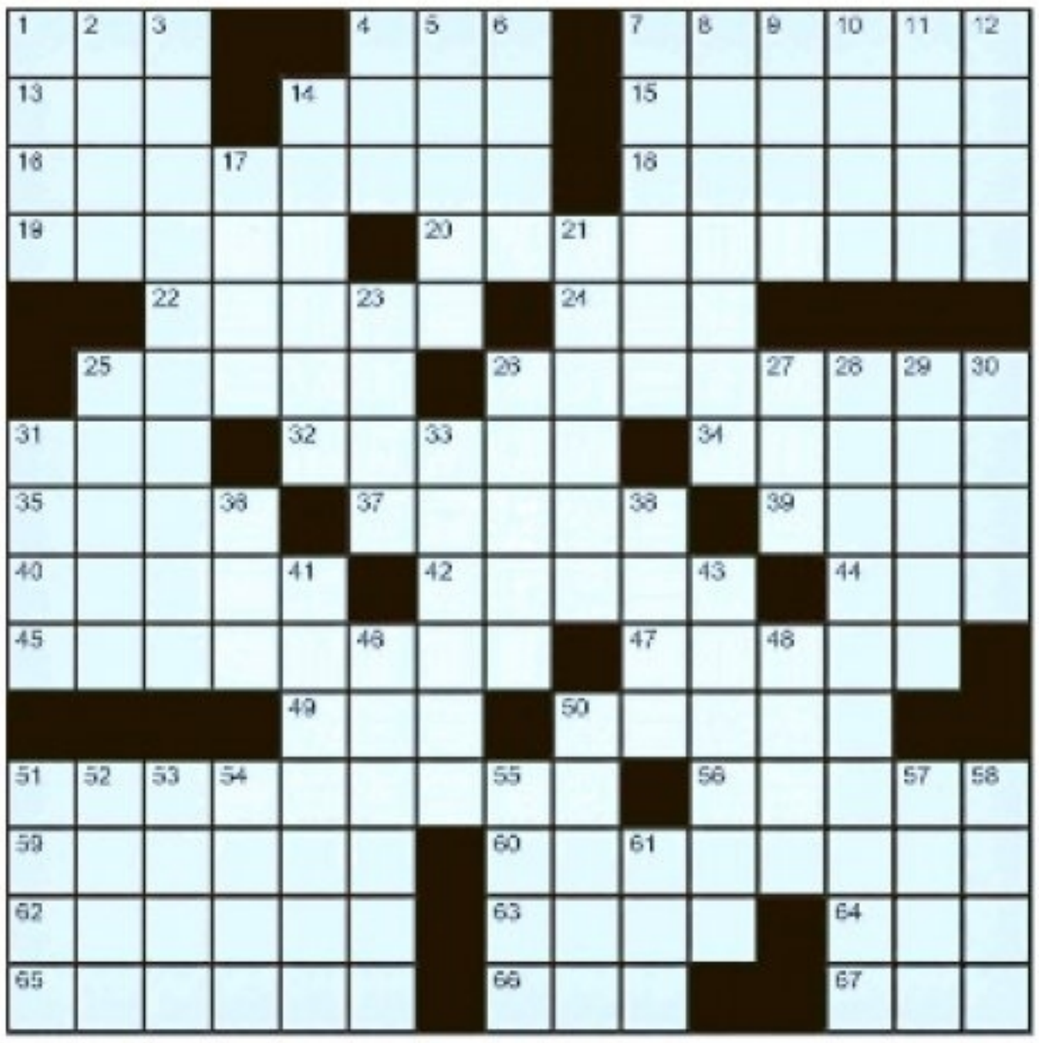
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Li'l banned pollutant
4. In-the-lab letters in lunch
7. Sacred songs
13. Leftover of 'Liq' still in the tavern bottle?
14. Bloke
15. Down-_-_ (Worn out)
16. Hockey defensive zone marker: 2 wds.
18. One of the icons in Madonna's "Vogue"
19. Manitoba town northeast of Winnipeg, _ _ Bonnet
20. Stylish bit of footwear: 2 wds.
22. Poetically forever
24. "13 _ Madeleine" (1947) starring James Cagney
25. He defeated Goliath
26. Country star Glen
31. Filmdom's Gretchen
32. Pacific island republic
34. Smooth transition
35. Jean Valjean portrayer Mr. Wilkinson
37. Hidden hoard
39. Britney Spears' sister, Jamie _
40. Sugar's pal in coffee
42. Remove the hem's stitches
44. 15th PM's monogram
45. Salad dressing ingredient ...en francais
47. Whitewater rides
49. _ Tin Tin
50. "Howdy!"
51. Home team chant at an ACC hockey game!: 3 wds.
56. Particular pastel
59. Variantly gained knowledge
60. Ontario folk festival where Joni Mitchell has famously played
62. Encrypted: 2 wds.
63. Street sort, shortly
64. Vancouver-born actor Mr. Bellows
65. Intelligence†agency of Israel
66. Compass dir.
67. Tasty tuber type

DOWN
1. Periodical or magazine, e.g.
2. Pop
3. Bryan Adams' longtime manager: 2 wds.
4. F-J link
5. NB's Grand _ Island
6. Frank
7. Invented-in-Canada baby cereal
8. Meryl's of multi-Oscars
9. Herman Melville's captain
10. Fallon's predecessor
11. Beatles: "Love _ _"
12. Schedule opening
14. Open the information loop: 2 wds.
17. 1999 Matthew McConaughey movie
21. Bluegrass singer Alison
23. Nutritional suggested amts.
25. "...see my red _ _ must have it painted black." - The Rolling Stones
26. Construction lifter
27. Barbara _ Geddes, "Dallas" actress
28. Study of King Tut, Pyramids, Hieroglyphics, etc.
29. Quebec City 'moons'
30. Loaned
31. Gladiator's 1205
33. On-the-road reversals
36. Goat's bleat
38. In this spot
41. Cynthia's "Sex and the City" character
43. For whom King Edward abdicated in 1936
46. Talented
48. Acrobat's feat
50. Mother Nature's wintertime 'coats'
51. Flicker of light, briefly
52. Vintner's prefix
53. Resins in varnishes
54. Ancient Greece's love god
55. Pickup trucks, e.g.
57. _ Minor
58. Tranquil
61. Food Network chef Ms. Drummond

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
The full moon today might create problems with kids or romantic partners. Be careful about going overboard or overreacting to things. Keep it cool.

Taurus April 21 - May 21
Today you feel pulled between the demands of home and family versus the demands of your job, career and public reputation. You can't please everyone.

Gemini May 22 - June 21
Because of the full moon energy today, this is a mildly accident-prone day for your sign. Therefore, slow down and take it easy.

Cancer June 22 - July 23
Something to do with shared property, taxes or debt might come to a head today due to the full moon energy. Go slowly in everything you do.

Leo July 24 - Aug. 23
Today the only full moon all year in your sign is taking place. This can make relationships with partners and close friends too emotional and testy.

Virgo Aug. 24 - Sept. 23
Difficulties at work or with co-workers might arise today because of the full moon. Just be calm, tolerant and easygoing with everyone.

Libra Sept. 24 - Oct. 23
Social events, romantic relationships, playful activities with children and sports events are all subject to the explosive full moon energy today. Don't get carried away.

Scorpio Oct. 24 - Nov. 22
Do what you can to keep the peace at home, because today's full moon might stir up things within the family or where you live. Avoid arguments with authority figures, especially Mom.

Sagittarius Nov. 23 - Dec. 21
This is a mildly accident-prone day for you because of the full moon. Take time to notice everything around you.

Capricorn Dec. 22 - Jan. 20
Today's full moon can affect your finances in some way. Therefore, double-check everything you do. Don't give the farm away.

Aquarius Jan. 21 - Feb. 19
Today the only full moon opposite your sign all year is taking place. This will put some stress on your relationships with partners and close friends, which means you have to be tolerant and patient.

Pisces
Feb. 20 - March 20
Difficulties with co-workers might arise today because of the full moon. This is mild and temporary. Just go with the flow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	2		3		1		5	
		5	9		8	1		
8	4						2	7
				8				
9	7						4	6
		7	5		2	6		
	5		6		4		3	

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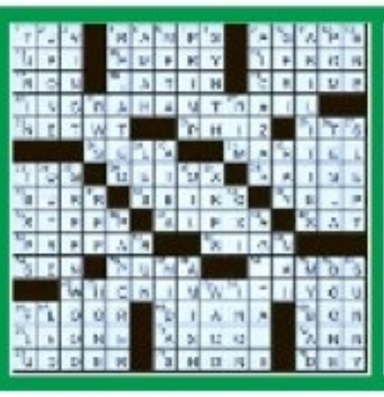
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



5	8	6	3	7	2	9	1	4
3	2	9	1	8	4	7	5	6
4	1	7	6	5	9	8	3	2
8	7	2	4	6	5	3	9	1
1	4	3	8	9	7	6	2	5
9	6	5	2	1	3	4	7	8
2	3	8	7	4	1	5	6	9
7	5	4	9	2	6	1	8	3
6	9	1	5	3	8	2	4	7

EVERYBODY GETS APPROVED!

- ☑ BAD CREDIT
- ☑ NO CREDIT
- ☑ WRITE-OFFS
- ☑ SLOW PAYMENTS
- ☑ REPOSSESSIONS
- ☑ BANKRUPTCY
- ☑ COLLECTIONS
- ☑ JUDGEMENTS
- ☑ DIVORCE

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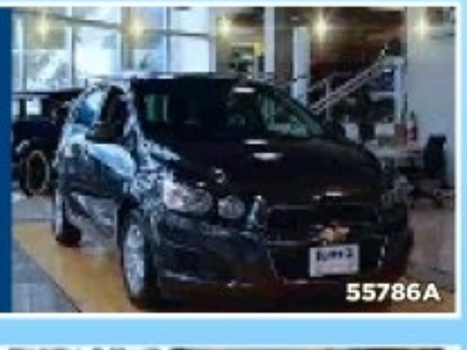
2014 FORD ESCAPE
S MODEL, FRONT WHEEL DRIVE, AUTO, A/C, POWER GROUP, 26,000 KMS

$18,897

2016 CHEVY SONIC LT
AUTO, A/C, POWER GROUP,
ORIGINAL MSRP $23,165

$13,983



2012 MERCEDES C250
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$26,971

2016 HYUNDAI ELANTRA GT
5 DOOR, AUTO, A/C, POWER GROUP, ALLOY WHEELS

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CROSSROAD, V6, MOONROOF, NAV, ALLOY WHEELS

$27,957

2017 CHEVY SPARK LT
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